



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Scheele, Björn

Number: 360

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M30

Total time: 43:37

Speed: 12.38 km/h

Running performance: 4:25 min/km

Rank in course/Total: 37 (of 78)

Rank in course/Men: 35 (of 68)

Best time in course: 31:53

Rank in category: 3(of 7)

Best time in the category: 32:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	3.30	14:13	4:18	3	3:19	32	3:20	3.30	14:13	4:18	3	3:19	47	
Rundenzeit	3.30	14:48	4:29	3	4:10	28	4:26	6.60	29:01	4:23	3	7:29	47	
Finish	3.30	14:36	4:25	2	3:56	28	3:58	9.90	43:37	4:24	3	11:25	35	11:44